

ABSTRACT

The autonomic nerve regulating agent of the present invention, which, has a sedative action, sleep inducing action, and stress mitigating action in individuals, regardless of 5 individual variation in sensitivity to or preference for fragrance, contains as an active ingredient a sesquiterpene alcohol with a boiling point of 250°C or higher, particularly cedrol.

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RECORDED IN THE U.S. PATENT AND TRADEMARK OFFICE